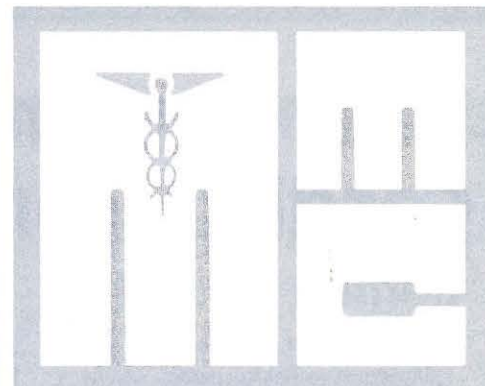


PULSE



MUHLENBERG MEDICAL CENTER BETHLEHEM, PA.

JUNE

1983

New Critical Care Area Opens

More photos on page 2

The words "cool, calm and collected" describe the nurses, unit clerks, technicians, maintenance and housekeeping staff as they busied themselves. The date was March 11, and the occasion the moving of the intensive/coronary care unit to the new setting down the hall. For those who witnessed the day-long procession of papers, files, supplies, equipment and finally patients, the scene was impressive.

Computers, oxygen outlets, monitoring systems and other life-sustaining equipment were checked and re-checked before the patients could be moved. By 9 p.m., an entire critical care area, complete with a full contingent of patients, was functioning smoothly—all according to plan.

Equally impressive is the unit itself. Its modern design incorporates the new trends in the treatment of the critically ill.

The extensive renovation and improvement program, which was funded in part by the Summer Festival and the Auxiliary of Muhlenberg Medical Center, created an 8-bed unit: 5 private rooms, 1 isolation room and 2 open bays, allowing for a varied and flexible patient mix.



The spacious nurses' station is always a hub of activity. Kathy Brong, R.N., does some charting as clinical nursing director Virginia Stover looks on.


Furthermore, the sizeable private rooms and the spaciousness of the entire unit ensure more privacy for all the patients. Key to the modern design of this unit is an atmosphere conducive to the recovery of coronary care patients who require quiet, peaceful surroundings. The enclosed rooms minimize noise and activity levels which exist in any intensive care setting.

At the same time, this critical care area provides a specialized setting for patients requiring around-the-clock observation and attention, such as surgical intensive care. The positioning of rooms permits accessibility and visibility so that staff responses can be timely and immediate. Closed circuit camera monitoring also enhances this aspect of care.

What even the casual observer notices about the 5100 square foot unit are windows with a view of the hospital grounds. In sharp contrast to the old unit with its narrow bank of windows near the ceiling, this aspect of the design serves a clinical purpose. It's not unusual for the critically ill patient to experience some sensory deprivation. The windows help to keep the patient oriented to time, space and other aspects of everyday living.

Loss of contact with spouse or family can also be intimidating. To keep this to a minimum, the Summer Festival Committee funded the furnishing of a family waiting room as a memorial to Mrs. Myrtle Berger. The room is located adjacent to the new unit.

Clinical nursing director Virginia Stover reports that staff response to the unit has been positive. "With the spaciousness, windows and privacy the working environment is much less stressful for the nurses as well as the patients. And we've heard positive comments from physicians too."

The design and planning of the unit came about through teamwork. Ideas and suggestions from administrative, medical and nursing staff helped transform the existing floor space economically and efficiently. Muhlenberg Medical Center has reason to be proud. 

49 Employees Honored for Years of Service

We treat you like family.

This year's National Hospital Week theme served a dual purpose. Not only serving as the slogan characterizing the caring "family" attitude that distinguishes hospitals from many other institutions—the theme also emphasizes the ways hospital employees work together to foster better health for everyone.

With this in mind, it is fitting that the Employee Recognition Program kicked off the week's activities. Leading the group of 49 employees who were recognized for their years of service was Mrs. Grace Siftar, assistant director of nursing (night shift). President Joseph W. Fitzgerald described Mrs. Siftar as "always calm, competent and able to deal with any situation professionally and sensitively." The crowd responded with a standing ovation when she received her award.

Mrs. Siftar is celebrating twenty

years of service this year, and when asked in what areas of the hospital, she replied: "I've done everything!" And that's not far from the truth. A native of Bethlehem and a graduate of a Philadelphia nursing school, she started work at Muhlenberg Medical Center in its early beginnings.

Throughout the many changes in the hospital, Mrs. Siftar has always worked night shift—and expertly handles the unique situations that arise between 11 p.m. and 7 a.m. "How do I manage? . . . You really have to like what you're doing, and I do. Then, you just take it as it comes."

The other employees who were recognized at the May 7th dinner and awards program were:

15 YEARS

Lester Frable, Housekeeping
Liselotte Groff, Psychiatric Services
Kathleen Harris, Psychiatric Services
Dorothy John, Medical Records
Marilyn Morgan, Special Procedures

10 YEARS

Beverly Brown, Admissions
Jane Filer, Nursing
Denise Gallagher, Occupational Therapy
Diane Gerny, Operating Room
Jean Heist, Risk Management
Sharon Hirshorn, Admissions
Carol Jeffries, Nursing (Emergency Room)
Patricia Johnson, Occupational Therapy
David Kemmerer, Laboratory
Janice Kisthardt, Central Supply Room
Mary Matte, Nursing Administration
Rita Podolsky, Nursing (Emergency Room)
Shirley Ragsdale, Nursing Administration
Evelyn Schwartz, Housekeeping
Edward Spisszak, Nursing Administration
Nancy O'Sullivan, Staff Education
Cecile Wright, Psychiatric Services
Iris Young, Admissions

5 YEARS

Mary Ellen Bedics, Nursing (3 South)
Anna May Bloss, Telecommunications
Michael Brunnabend, Psychiatric Services
Villa Dalugdug, Staff Education
Priscilla Davis, Nursing (4 South)
Louise Dickey, Purchasing
Charles Fenstermaker, Laboratory
Joanne Fiedelman, Business Office
(continued on page 2)



Mrs. Grace Siftar, R.N.
Assistant Director of Nursing
(evenings)

New Equipment Aids Cardiac Monitoring

*Paired VE's. R on T events.
Ventricular Tachycardia.
Supraventricular Tachycardia.*

These are some of the terms common to a vocabulary associated with cardiac monitoring. Electrocardiography is one of the better known non-invasive diagnostic procedures in the area of cardiac monitoring. Routinely performed on many patients, an electrocardiograph (referred to as ECG or EKG) is a valuable instrument for studying the heart muscle. Specifically, an electrocardiograph is a graphic tracing of the electrical activity of the heart.

The EKG most people are familiar with is the "resting EKG" where the patient lies down and the heart's electrical activity is monitored for two minutes. What the physician is looking for are any deviations from the normal electrical pattern. The terms above are a few examples of arrhythmias which might be indicated on an EKG.

When the data from the resting EKG is inadequate, a 24-hour continuous ambulatory EKG is achieved through **Holter monitoring**. The patient comes into the hospital, and electrodes are strategically placed on the patient's chest. The electrodes are attached to a small box which houses the cassette tape. The box is also equipped with an "episode" button which the patient may activate manually when he or she experiences shortness of breath, chest pain, "fluttering," or other symptoms. The patient is sent home and encouraged to pursue daily activities and record these activities in written form in a diary. After 24 hours, the patient returns to the hospital and leaves the cassette and diary for analysis.

Like many other areas of medical technology, the advances in Holter monitoring primarily relate to

automation, specifically computer technology.

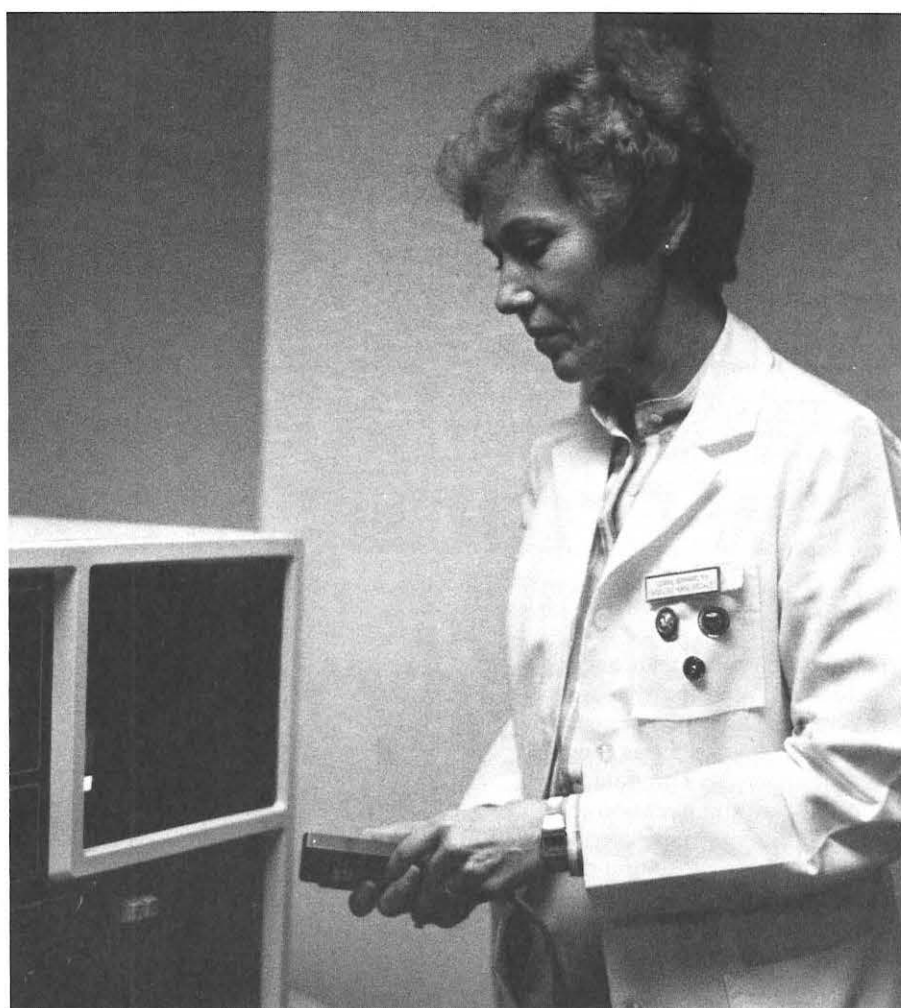
In keeping with these latest advances, the hospital's Cardio-Pulmonary Medicine Department recently acquired a Del Mar Dynamic Electrocardioscanner. Simply stated, this computerized instrument provides high-speed analysis of data gotten from Holter monitoring. Certainly, high-speed is an apt description as the instrument "reads" the cassette 240 times faster than real time.

Suzanne Bernhard, R.N., R.T. and cardiology nurse specialist, is the instrument's operator. Using her years of training and experience in ICU and coronary care nursing, she verifies and edits the data along with the computer, then she prepares a report for the attending physician. The physician reviews all final tapes and reports.

The computer "learns"


Of immense value are her interpretive skills. The computer, when scanning the data, stops periodically and "asks" the operator what a particular pattern is. This "learning mode" stops when Sue has taught the computer all it needs to know for that particular cassette. Del Mar Avionics, the manufacturer, is committed to the philosophy that the human eye and human experience and knowledge are still better than the computer's capabilities.

So what are the advantages of the instrument? There are many. Aided by the knowledge of a coronary care-trained nurse and the physician's review, the computer is more accurate. The



Suzanne Bernhard, R.N., R.T. and cardiology nurse specialist, verifies and edits the data.

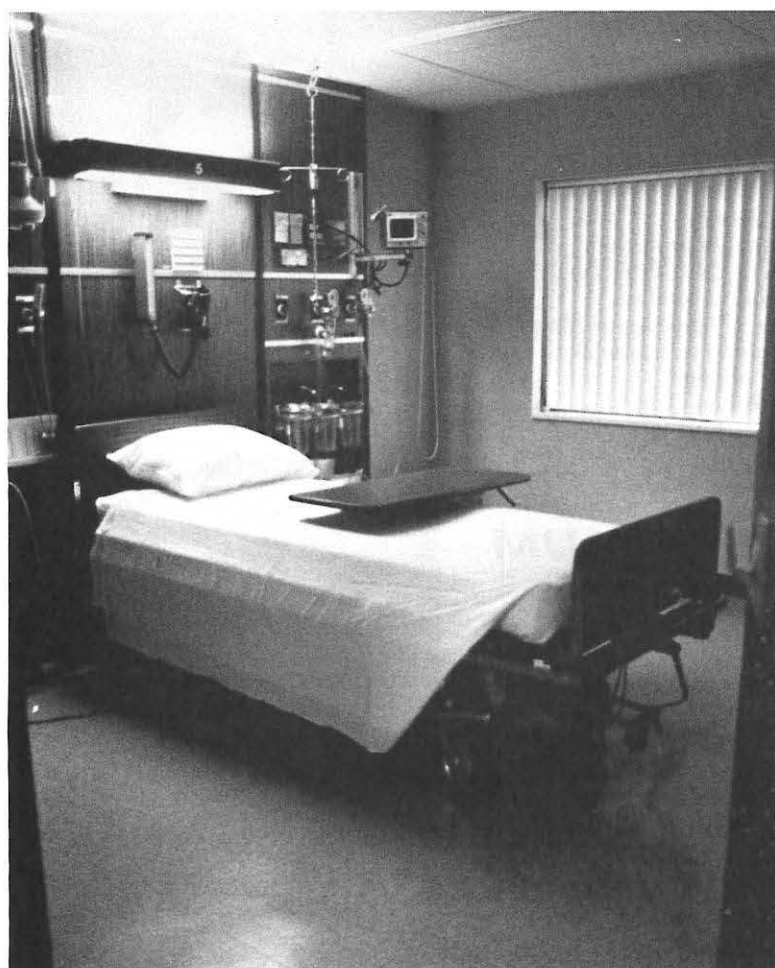
reporting time is faster; usually a report is ready for physician review within 24 hours. The benefits of accuracy and speed to patient care are obvious—if there is a potentially dangerous arrhythmia, the physician gains valuable time.

Furthermore, the computer helps cut in-patient "stay" time as the Holter monitor is conveniently and comfortably used at home. In the final analysis, the patient benefits from greater precision, speed and cost savings—and that's what counts. 

5-Year Employees (continued from page 1)

Candace Franco, Operating Room
Diane Hottle, Chiefs of Services
Eileen Houck, Nuclear
Medicine/Ultrasound
Stella Laponuke, Nursing (4 South)
Leila Lerch, Occupational Therapy
Deborah Marucci, Housekeeping
Catherine Mertz, Psychiatric Services
Marcella Metzgar, Psychiatric Services
Susan Rheiner, Laboratory

Deborah Serfass, Nursing
Administration
Kris Shafer, Social Services
Margaret Weiss, Radiology
Mary White, Pharmacy
Karen Williams, Laboratory
Mary Wilson, Base Service Unit
Ursula Wuerth, Psychiatric Services
Alfreda Zuckerman, ICU/CCU



NEW ICU AREA
(Far left) The sizeable, airy patient rooms contain the latest monitoring and resuscitative equipment.

Helen Ohmacht, R.N., prepares an IV in the unit's medication area.


People in the News People in the News People in the News

Mrs. Nafzinger retires

The retirement of "Naf" at the end of May was a sad and happy occasion. How can you not be happy for someone who is retiring to sunny Florida with her husband and who plans to spend retirement traveling? At the same time, how can you not be sad when a well-loved person moves away?

Mrs. Nedra Nafzinger, R.N., is a familiar face to one and all. As assistant director of nursing (evening shift) for almost eight years, she has "made the rounds" to every department in the hospital. Not only was she a competent and professional supervisor, but her accompanying traits of sensitivity and compassion earned her the respect of all.

While it is apparent that she has been good for Muhlenberg Medical Center, she stresses that the hospital has been a good place to work. "My years here have been a rewarding experience. To be a part of the growth has been a privilege. I've enjoyed every moment and always looked forward to coming to work," she stated.

The privilege has been the hospital's as well. We all wish Mrs. Nafzinger the best years ahead. 



(Left to right) Edward Spisszak, Jr., and Mrs. Nedra Nafzinger.

Spisszak appointed

Recently appointed to the position of assistant director of nursing for the evening shift, Edward Spisszak, Jr., is another familiar face at Muhlenberg Medical Center. His first position, way back 10 years ago, was an orderly in the surgical unit.


Since then he's made strides. He received his LPN license, then his RN license after graduation from Northampton County Area Community College in 1976. Amazingly,

he worked full-time on evening shift while also attending school full-time. And he's still going full speed ahead on a business administration degree from Muhlenberg College, a diploma he hopes to obtain in December of 1984. For the last years of his nursing career, he has worked in the Emergency Room.

This enthusiasm and energy already extend to his responsibilities as assistant director of nursing. "Sure, I'll miss direct patient care," he conceded. "But this position still encompasses patient care. I have

the opportunity to help patients and care for them in other ways."

A student, a nurse, a nursing supervisor—add to this list "family man." Claiming to have the "kool-aid house of the block," he and his wife Judith have two boys. Adam is almost seven years old, and Mark is four. So, of course, Ed spends many hours umpiring Little League games or just transporting the children back and forth to sports.

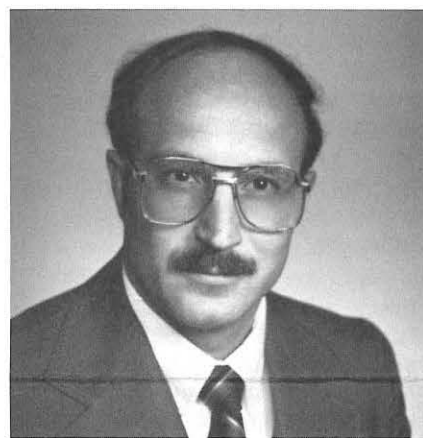
How does he do it with his busy schedule? "Sleep," he replied. "What's sleep?" 

New purchasing director named

Carl L. Manley is Muhlenberg Medical Center's new director of purchasing.


As a professional purchasing executive with more than twelve years of experience in the field, Mr. Manley is responsible for the direction of the centralized material management inventory and distribution system, purchase of all materials and services, product evaluation and direction of the central mailroom and courier services.

Ronald J. Macaulay, vice president-finance, commented on the new director's expertise and the important role purchasing plays as part of the health care team: "Mr. Manley offers the hospital a fresh insight into the role of material management and how it interacts with the hospital's goals of containing costs while providing quality service."



Mr. Manley noted that a close working relationship with all hospital departments is vital in order to achieve common goals. "A few of my goals are to institute better inventory control to eliminate temporary shortage of supplies as well as an unnecessary overabundance. It's also important to develop a more comprehensive competitive bidding process to reduce costs. My philosophy is that you can get competitive bids on just about anything, products and services, if you have adequate lead time."

Prior to coming to the medical center, he worked for Metro-Dade County, Florida, as assistant purchasing director of a multi-million dollar purchasing program. He also previously worked for the Pennsylvania Liquor Control Board as chief of the supplies division.

He and his wife Susan have two daughters, aged 14 and 8. 

The Spirit of Volunteerism

The spirit of volunteerism is alive and well at Muhlenberg Medical Center. The spirit is more than the 49,000 hours contributed through in-hospital service by adult and youth volunteers. It's more than the months of painstaking planning by Summer Festival helpers who annually organize the Lehigh Valley's most successful festival. And it's more than the hours of work "behind the scenes" by the Thrift Shop volunteers, the Holly Fair participants, and the many people involved in bake sales, card parties, bus trips, plant sales—all for the good of the hospital.

The spirit is CARING. It's an attitude, rather than a quantity, and it's evident whenever you find volunteer efforts at Muhlenberg Medical Center.

And you find volunteers everywhere—in the hospital itself, in the community, behind the scenes. If a 25" snowfall with accompanying blizzard conditions doesn't stop them (and it didn't!),


nothing will. Countless hundreds contribute boundless energy, talents and enthusiasm, and have been doing so for over 21 years. They have well-earned a position as an important part of the health care team.

In appreciation of their dedication and hard work, April 17-23 was declared National Volunteer Week. Annually at Muhlenberg Medical Center, this week affords an opportunity to recognize officially the numerical aspects of in-hospital volunteerism, such as hours and years of service. It is also a time to reflect on the integral role these volunteers play in the hospital's mission.

In his remarks at the volunteer recognition program, the hospital's president Joseph W. Fitzgerald summarized the significance of volunteerism: "Today the health care volunteer is more important than ever. The number of institutions competing for your valuable services has grown fast . . .

Thank you for your loyalty to Muhlenberg Medical Center. We need you to meet the challenges of the future and to continue providing the quality health care that we do today."

Helen Detthof with her accumulated 8600 hours led over 130 adults who, together with youth volunteers, logged more than 49,000 hours of service. Candy-stripers Kay Neipert and Crystal Ragsdale were at the top of their list with 1000 hours each, while Rodney Heckman led the junior male volunteers with 400.

Caroline Dumbach, junior volunteer president and a senior at Northampton High School, received a \$500 scholarship from the Auxiliary of Muhlenberg Medical Center. Auxiliary president Naomi Rutkiewicz presented the check at the junior volunteer recognition program. 

EDITOR'S NOTE:

This issue of *Pulse* inaugurates a new design format. It is intended to provide a greater variety and visual interest, and substantive content for feature articles and photos.

The Public Relations Department hopes you enjoy this and future issues. Readers' comments and suggestions are always welcome.

MMC Employees Involved in Worthy Project

In an age of much-acclaimed diminishing resources, the stories of these community-minded Muhlenberg Medical Center employees show that certain resources still flourish—compassion and concern.

Muhlenberg Medical Center employees, Marie Yastrop (Medical Records), Joni Wright, R.N. (3 South), and Lucy Geary, R.N. (3 South), are a vital part of a community program which brings freedom of mobility and independence to blind persons. They do this by voluntarily participating in a 4-H Seeing Eye Puppy Project, a working partnership of Seeing Eye, Inc. and 4-H who have jointly provided dogs as guides for blind people for more than 35 years.

Seeing Eye furnishes the dogs and the training, and 4-H families provide homes for the Seeing Eye puppies during the critical first year of their lives. Anyone who has raised a puppy knows the responsibilities and aggravations that go along with the task. Joni Wright, however, stresses that the project is worthwhile and satisfying despite these minor problems. Marie Yastrop also reiterates that the "satisfaction comes from doing a good job for someone less fortunate."

All of the women testify that raising a seeing eye puppy is a family commitment. Shauna Wright and Marcie and Tricia Geary, in addition to being youth volunteers here at Muhlenberg Medical Center, are actively involved in the raising of these puppies. Lucy Geary describes the experience as "good for the kids. It gives them something on which to focus their energies, something beyond themselves, and that's ultimately rewarding."



(Left to right) Lucy Geary, Lance, Marcie Geary, Marie Yastrop, Lindy, Shauna and Joni Wright, and Irish.

During the first year it's important that the puppy be exposed to as many people, situations and places as possible. The goal is to accustom the dog to walking up and down the stairs and through traffic, traveling in automobiles and public transportation, and living with the everyday noise and activity of family life.

No special training is required, other than teaching a few basic commands. A prime objective is to raise a healthy and well-rounded dog which is prepared for its future job of guiding a sightless person. Families are encouraged to take the dogs everywhere: to church, shopping centers, stores, restaurants, hotel dining rooms, etc.

Marie and her family are training their third dog, a German shepherd. Before getting involved

in the project, they had never owned a dog. Coincidentally, the first dog they raised is now a seeing eye guide to a medical transcriber, which is Marie's position at Muhlenberg Medical Center.

Some time between 12 and 14 months of age, the dog must leave the "foster family" and go through three months of training before meeting a sightless person. Another month is spent teaching the person and the dog to work together. The dog's "foster family" is invited to see the training outcome but must not interfere in any way.

According to Marie, Joni and Lucy, the sadness of parting with the dog at the end of the year is eased by knowing the dog is going to serve a useful purpose. Plus, families parting with dogs are given preference in the placement of new puppies.

Privileges Granted to Physicians, Dentists

The following physicians and dentists were granted privileges by the Board of Trustees following their recommendation by the Credentials Committee of the Medical Staff.

Hiram Dale, M.D., cardiology. A graduate of University of Pennsylvania School of Medicine, he was a resident at the State University of New York in Syracuse. He was granted a fellowship in cardiology at Rochester University.

Samuel Giamber, M.D., cardiology. Dr. Giamber is a graduate of the University of Pennsylvania School of Medicine and served a residency at the University of Pittsburgh. He was granted a fellowship in cardiology at Duke University Medical Center.

Wesley Kozinn, M.D., infectious diseases. A graduate of Cincinnati College of Medicine, he was a resident at Mt. Sinai Hospital in New York City. He was granted a fellowship in infectious diseases at Albert Einstein College of Medicine.

Robert Marcincin, M.D., neurosurgery. Dr. Marcincin is a graduate of Dartmouth Medical School and University of Chicago School of Medicine. He served a residency at the Hospital of the University of Pennsylvania.

Alan Schragger, M.D., dermatology. A graduate of the University of Chicago Medical School, Dr. Schragger was a resident in internal medicine at West Side VA Hospital in Chicago. He also served a residency in dermatology at the Jackson Memorial Hospital in Miami.

Arthur Sosis, M.D., dermatology. Dr. Sosis is a graduate of State University of New York at Buffalo and served a residency at Temple University School of Medicine.

Patricia Ludwig, D.M.D., general dentistry. A graduate of the University of Pennsylvania School of Dental Medicine.

Laurence Popowich, D.D.S., oral surgery. A graduate of the University of Western Ontario, Canada.



FUN IN THE SUN MMC Annual Picnic

Saturday, June 18, 11:30 A.M. - 8:30 P.M.

Swimming

Good food

Softball

Volleyball

Live Band 3 to 7 p.m.

Something for the entire family!

The MMC picnic is for employees, physicians and their families.

PULSE

is published every other month by

Muhlenberg Medical Center
Bethlehem, PA 18017

Editor: Karla Morales

Director of Public Relations

We are thankful to the volunteers
who contributed their time
in preparing PULSE for mailing.

Address Correction Requested

MUHLENBERG MEDICAL CENTER
Schoenersville Road, Bethlehem, PA 18017

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